

# the newham mag

issue 259 // 14 – 21 Sep 2012 // Host borough for 2012 Games

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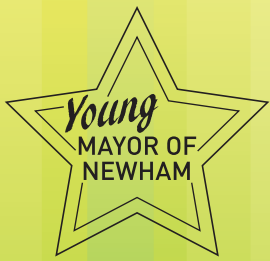
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## **Medal behaviour**

Christine Ohuruogu does  
Newham proud (p9)



# YOUNG MAYOR 2012

**YOUR  
VOTE  
COUNTS.**

[www.newham.gov.uk/youngmayor](http://www.newham.gov.uk/youngmayor)

ym\_Newham



Nominations for the Young Mayor 2012 close on  
**24 September.** Don't miss out apply now!

To apply or find out more visit the website.

## Sit up for volleyball masterclass

Pupils at The Royal Docks Community School were able to see Paralympic athletes up close during their first week back at school.

The silver medal winning USA Women's Sitting Volleyball team used the school as a training venue because of its excellent facilities for disabled people.

The pupils watched a training session, which ended with a match against the school's PE staff. The youngsters have taken up the game and hope to coach children in primary schools.

Mayor Robin Wales said: "The fact that pupils have been able to meet some of the best athletes in the world in their own school is amazing. This is exactly how we wanted our young people to connect with the Games. We made a pledge in our bid to host the Games that we would inspire a generation. We are well under way towards making that pledge a reality."



Sir Robin with the USA team, pupils and school staff

## Art theft and religion top Ideas Olympiad bill

Multi-million pound art theft and the battle over the relevance of religion will conclude the Ideas Olympiad, a series of thought-provoking lectures that have been taking place throughout the summer.

On Wednesday 19 September, Claire Fox, director of the Institute of Ideas and a regular TV show panellist, will debate if religion is redundant in modern society with Reverend Lucy Winkett, rector of St James Piccadilly.

On Monday 24 September, Sandy Nairne, director of the National Portrait Gallery, will reveal the complex cloak-and-dagger story about the 1994 theft of two Turner paintings, then valued at £24m.

Both events are free and take place from 7-8pm at Stratford Picturehouse, Salway Road, E15. Tickets are going fast. To book yours visit [www.newham.gov.uk/ideasolympiad](http://www.newham.gov.uk/ideasolympiad)

## Golden girls visit school

Youngsters at Stratford's Colegrave School welcomed Nicola Adams, Team GB's first female boxing Olympian, and cyclist Dani King, who helped win the team pursuit title. Both visited the school to inspire pupils to be active and involved in sport.

The pupils competed against the medal winners in a number of different sports including hockey and football. The visit was featured on national TV's Daybreak programme with presenter Gethin Jones.

Katie Parks, assistant head teacher said: "Being one of the closest schools to the Olympic Park, we have seen the park being built and how the landscape has changed from our playground. Our pupils have had some amazing opportunities to be part of the Games and they have been truly inspired by everything they have been involved in."



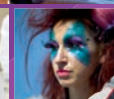
The pupils with the golden girls

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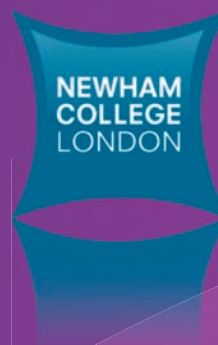
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# A triumph that must survive

The London 2012 Games exceeded all our expectations. It wasn't just Great Britain's outstanding medals haul across the Games, but there was genuine warmth and excitement as Newham welcomed the world.



L-R: Cllr Joy Laguda, Sir Robin, Pat and Christine Ohuruogu and Cllr Richard Crawford

I can remember clearly the mounting tension in 2005 in Stratford's Meridian Square as we watched the candidate cities being whittled down one by one. My hair still stands up on the back of my neck when I recall hearing London announced as the winner, and feeling the huge wave of emotion and cheering roll through the crowd. I had the same feeling when the fantastic display of fireworks brought an emotional end to the Paralympics on Sunday.

**"Our two big screen live sites in Stratford and East Ham saw more than 210,000 local people come out to watch the Games"**

More than any other event, the Games have the power to move and inspire people. The Olympic ethos is about the world coming together and individuals aspiring to achieve truly great things. We have clearly seen that in Newham.

More than 270,000 residents welcomed the Olympic torch and Paralympic flame to the borough. Newham's schools sent children to experience the Games and more than 1,000 residents, including 230 children, took part in the opening and closing ceremonies.

**"It has been an amazing experience to be at the centre of the biggest sporting event in the world"**

Our volunteers took to the streets to inform, guide and assist the athletes, officials and fans. Our two big screen live sites in Stratford and East Ham saw more than 210,000 local people come out to watch the Games and be part of the amazing atmosphere.

The response when Newham's medal winner Christine Ohuruogu dropped in at Stratford Park on Sunday, and Mark Hunter before that, showed the power that athletes have to inspire others in our community.

Securing the economic and social legacy from the London 2012 Games will not happen overnight and will remain a challenge for generations to come.

It has been an amazing experience to be at the centre of the biggest sporting event in the world, but I am even more excited about Newham in 2013 and beyond, and the legacy that we will help secure for local people.



Fireworks to end the Paralympics



## Mayor's view

with Sir Robin Wales

# Entertainment ahoy



## Family fun at Royal Victoria Dock

- > Siemens Crystal – the world's largest urban sustainability exhibition
- > Live music – The Bootleg Beatles and more
- > Water sports
- > Children's fun bus and activities
- > Fireworks finale – 8.40pm

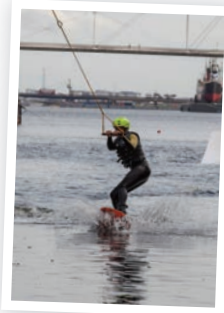
**Royal Victoria Dock**  
**Saturday 29 September, 2-9pm**  
**Free entry**



# Say farewell to a fabulous summer at the Newham London Waterfront Festival. For lots of free thrills and spills head down to Royal Victoria Dock on Saturday 29 September where you can enjoy a day out and experience life on the Waterfront.

## Water activities

Experience the thrill of the waves with a range of water sports. *All activities are limited and are booked on a first come, first served basis.*



**Free river boat cruise:** sail away on this 12 person boat. Book your place at the information point. Trips take place every half hour from 2-6pm.

**Free power boat rides:** 20-minute free rides from 2pm-5.30pm. Departing from Western Beach Pontoon at 2pm, 2.30pm, 3pm, 4pm, 4.30pm, 5pm and 5.30pm.

**Free bell boat sessions:** you must have a good level of general fitness and bring a change of clothes to take part in this 45-minute session. Departing from Western Beach Pontoon at 2pm, 3pm, 4pm and 5pm.

## Paddleboarding at WakeUp

**Docklands:** 30-minute taster sessions for £12, from 2pm-6pm, at the beach.

## WakeBoarding at WakeUp

**Docklands:** 20-minute taster sessions for £10 from 2pm-6pm.

**Zorb Aquaballs:** walk on water in a giant bubble. Sessions all day at the Western Beach Pontoon. £5 per session.

## Music

Park up your Yellow Submarine and join The Bootleg Beatles who will be headlining our music stage. Experience the sounds of Cuba with 25-piece ensemble Orquesta Estelar. Grupo Lokito bring the Congo to Canning Town with their big beats, while Candy Apple Blue mix up proceedings with rock, pop, Motown and R'n'B. Enjoy some Nursery Rhymes for Adults with French-



inspired singer Matshidiso, who will be supported by percussionist Angela Alhucema and bass player Thibault Renard.

## Children's activities

Jump aboard the fun bus, a converted Routemaster filled with activities, to keep children entertained. This interactive experience includes a poetry ticket machine, a cinema showing short films, videos and slide shows, as well as painting, drawing and much more. Walk into a beach tent to enjoy free face painting, storytelling and arts and crafts. Watch out for the nautical entertainers who will make sure you're feeling ship-shape.



## Look into the Crystal

The Siemens Crystal is the world's largest exhibition centre on urban sustainability and the environment. It will open its doors for the first time on Saturday 29 September, 2-7pm. Come and enjoy an eye-opening look at how we can make the world a better place.



## Fly the Emirates Air Line

Discover the delights of flying high aboard the new Emirates Air Line. Over one million passengers have already made the trip across the river. Speak to the team to find out more about London's first ever cable car. On the day, you could even win one of 50 pairs of return tickets.



## Fireworks

Light up your evening with an amazing free fireworks display from 8.40pm.

## Walking tours

Uncover the history of the area and find out more about new developments at a free walking tour at 3pm or 5pm. Meeting point is beside the Emirates Air Line cable car, Royal Victoria.

## Food

Tantalise your taste buds with supreme cuisine including Paella, Churrasco (Spanish-style grilled meat), barbeque, salads, spit roast and hog roast.



**The Newham London Waterfront takes place on Saturday 29 September from 2-9pm at Royal Victoria Dock, E16. For more information visit [www.newham.com/summer](http://www.newham.com/summer)**

 **Royal Victoria DLR**  
 **Buses 147, 241**



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**Friday 28 September** Kumon Head Office, Southgate

**Tuesday 2 October** Hilton Hotel, Green Park

**Wednesday 3 October** Holiday Inn, Westfield Stratford City

**Thursday 4 October** Hilton Hotel, Green Park

**Booking is essential.**

**Call 0800 988 6579 or visit our website to book your place.**



[kumon.co.uk/franchise](http://kumon.co.uk/franchise)

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**FREE** Area guide to exploring Greenwich, Docklands and more of east London by DLR, in Time Out September 13 issue

Also available to download at  
[www.dlr.co.uk](http://www.dlr.co.uk)



Newham London

## Starting school in Newham

**Reception class places for September 2013**

**If your child will have their 5th birthday between 1 September 2013 and 31 August 2014 you need to apply for a reception class place now.**

The deadline for a reception class place for September 2013 is **15 January 2013**.

If you miss this date you will have less chance of getting the school that you prefer.

From **10 September 2012** you can pick up a copy of the autumn 2012 edition of the Starting School guide from any London Borough of Newham operated nursery, infant or primary school.

The guide includes a copy of the application form.

To make sure you apply on time, **apply online.**  
[www.eadmissions.org.uk](http://www.eadmissions.org.uk)

# Take Five with...

## Christine Ohuruogu

Stratford local and double Olympic 400m medallist Christine Ohuruogu proved that she had a heart of gold, and silver, when she signed autographs for hundreds of residents at Stratford Park before the closing ceremony of the Paralympic Games.



### **What was your highlight of the Games?**

Being part of the home games – being in the Stadium, competing and everybody descending on my home town where I live and grew up, it was completely overwhelming.

### **What made the Games great?**

The support of the British public. The athletes said they'd never seen anything like it, and I doubt they ever will again.

### **You were an advisor to the GB Paralympic team. What advice did you give them?**

The most frequently asked question was about the crowd: is it as crazy as everyone says it is? I was honest. When you walk out there and there's a lot of people all chanting at you it is overwhelming, but at the same

time you're there to work so you need to find your best coping mechanism.

### **Was running at home a pressure or motivator?**

I thought it was going to be pressurised, but once I got to the Athletes Village I was able to disconnect myself from the fact that I live down the road. I was able to focus on running and not things like it being so close to home, it being in Stratford and it being a home Games.

### **Do you get recognised in the street more?**

People always say you should be used to it by now, and I should be, shouldn't I, but I'm not! I find it really uncomfortable when people recognise me. It's something I'll never quite get used to.

### **The Olympic Park or Stratford Park, which is closest to your heart?**

I have to say Stratford. The Olympic Park is great, but Stratford Park is where we used to play. The Olympic Park is super but this one is uniquely mine.

### **Will we see you in Rio in 2016?**

I'd like to think I could go to Rio, but everything depends on how my body is. To get your body to operate at an elite level for four years is tough. I love running and training and, even though it's terrifying walking out to the final surrounded by 80,000 people, nothing can match the feeling of knowing that you've made it.

Visit [www.newham.gov.uk/mag](http://www.newham.gov.uk/mag) to read an extended version of this interview.



# RE-DISCOVER *your* STRATFORD

Stratford is now one of London's hottest leisure and tourist destinations with attractions like the Olympic Park, Westfield Stratford City, Europe's largest urban shopping centre, and much more. Stratford is also fast becoming a centre for the arts, creative and cultural industries.

These are giving Stratford an exciting cultural twist with unique and unusual happenings that add to the programmes of established arts venues like Theatre Royal, Stratford Circus and the Picturehouse. With so many excellent free activities taking place, now is the time for local residents to rediscover what's on their doorstep and rediscover Stratford.



In September there's a load of great stuff to do, including:

- 🎯 Building the Olympic Park with LEGO
- 🎯 Taking a virtual bike tour of the Olympic Park
- 🎯 Circlets family day circus skills
- 🎯 A walking photography tour of Stratford

All of these events are **free** and on a first come first served basis. **For full details check out the ad on page 10.**

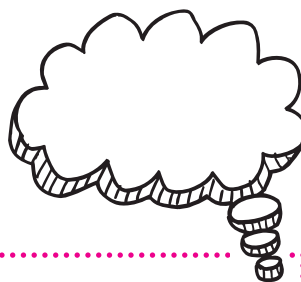
More events are being added all the time, so for the very **latest information** visit **[www.rediscoveryyourstratford.com](http://www.rediscoveryyourstratford.com)** As well as having a good time you can learn about the Olympic legacy,



Get rid of your post-Games blues with this fantastic season of free events that kicks off an autumn of family entertainment. Whether it's learning plate spinning, taking a virtual tour, or building the Olympic Park out of LEGO - don't miss your chance to re-discover all that Stratford has to offer.

the exciting plans for the Olympic Park and how you could benefit from the thousands of new homes, shops and attractions that are planned.

Special events are in the town centre on Thursday 18 and Friday 19 October – and don't forget to pick up your I Love Stratford badge. For more information keep an eye out in future editions of the *Newham Mag* or visit the website.



*Come along*

Find out more by visiting  
[www.rediscoveryyourstratford.com](http://www.rediscoveryyourstratford.com)  
Follow us on twitter @NewhamLondon  
Find us on Facebook  
[www.facebook.com/NewhamCouncil](http://www.facebook.com/NewhamCouncil)

# Abraham: my year in office

Creativity, safety and opportunities for young people were key priorities for Young Mayor Abraham Male. As his term comes to a close, he looks back at his manifesto pledges and what he has achieved.

"My priorities as Young Mayor stemmed from my personal experiences, talking to other young people, ideas from workshops at schools and even something as simple as talking to someone randomly on the bus.

"As host Olympic borough, 2012 is a very special year for Newham. I really wanted to ensure that young people had access to the Olympic Park and were involved in the Games. I've achieved this by working with the Games organisers who supported Newham young people to become Games Makers and volunteers, and allocated a number of seats to youth groups in Newham. These opportunities wouldn't have been possible without the support I've received from the council.

"My personal highlight has been working with and working with the Youth Council. I also worked in the Olympic Village as Village Young Mayor, which involved welcoming athletes.

"Working with the Youth Council, we've undertaken some successful projects. From a short film and a masterclass with director Danny Boyle to the borough-wide Time to Shine talent contest, we have provided opportunities for young people to work together and be the best they can be.

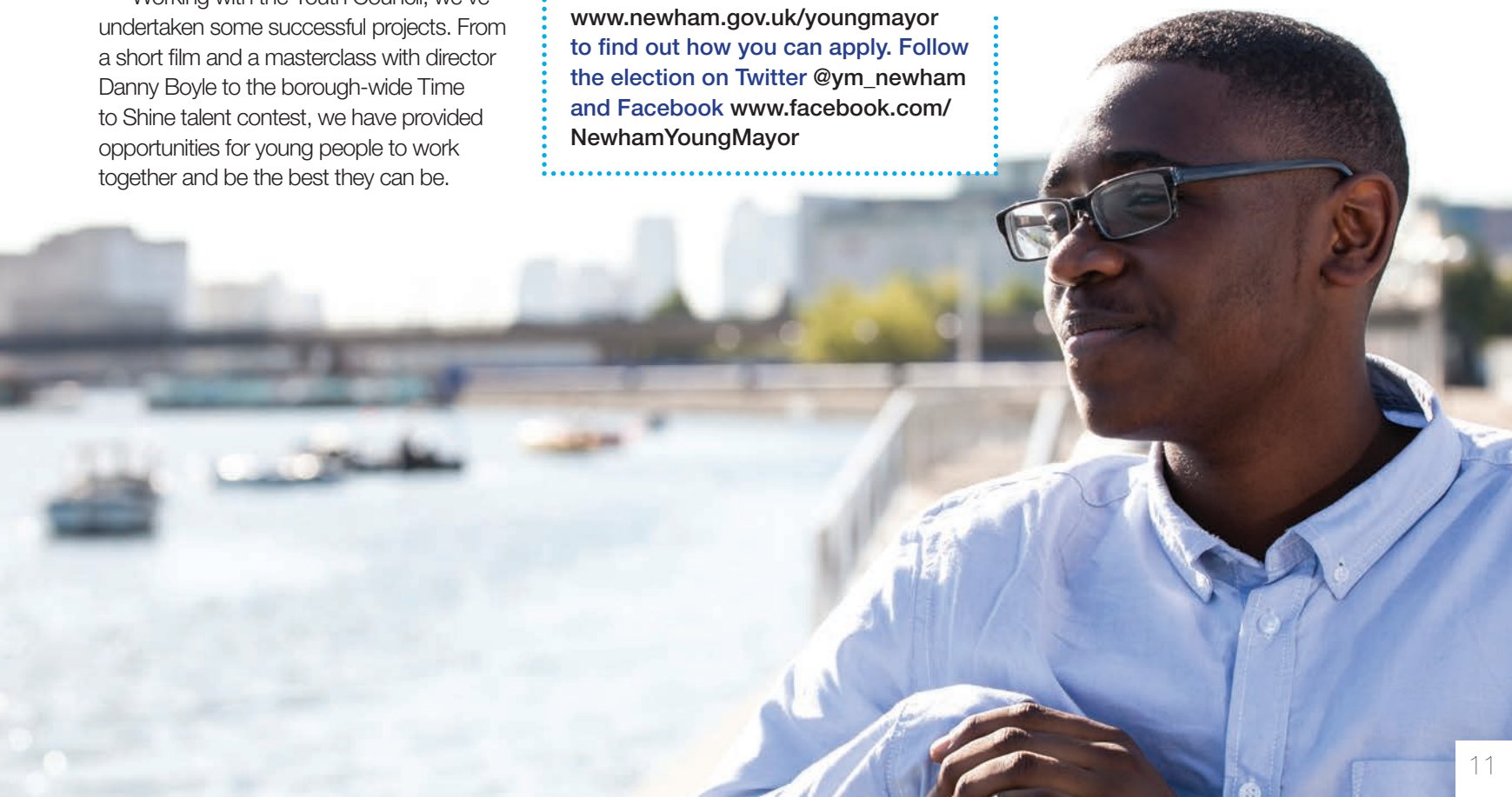
"I have achieved a lot. I've laid a strong foundation, just as the other Young Mayors have. I hope I have encouraged young people to chase their dreams, and never give up.

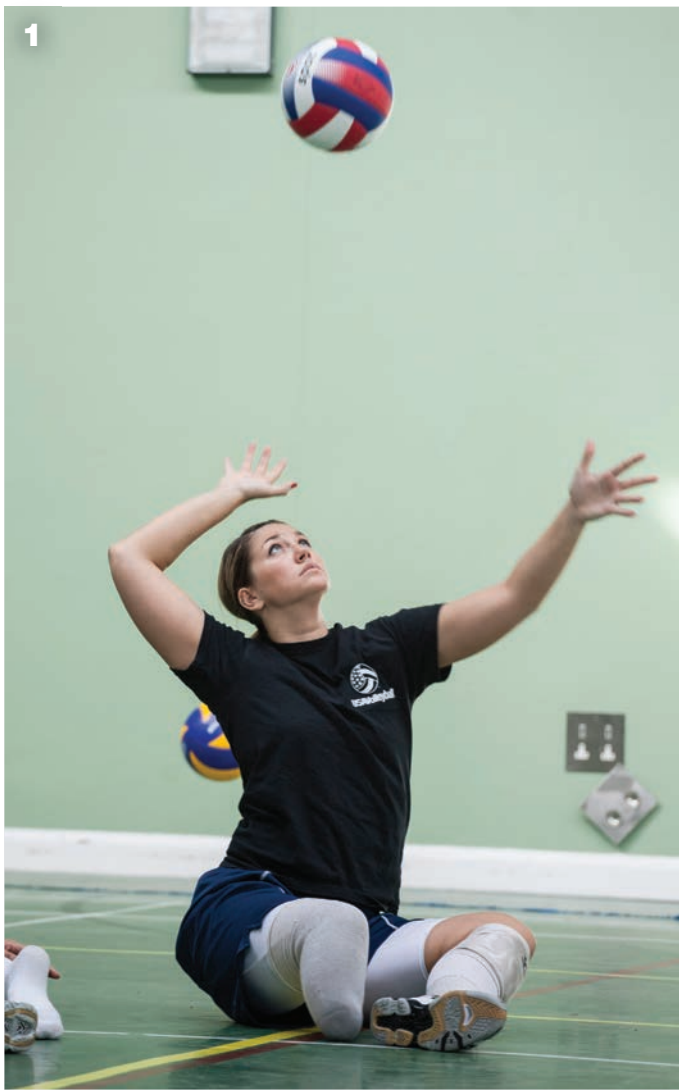
"My advice to anyone considering running for Young Mayor is to go for it, but before you commit think about it. Think if you're right for the role, if you'll have the time to give it your all and how you'd like to make a difference.

"I think the future of the scheme is a positive one, which I'm sure will produce a strong Youth Council and a strong Young Mayor. There are a lot of vibrant characters in Newham who are willing to work hard for their community. I think the team can be as influential as the council itself."

## Be the change

**Nominations for Young Mayor and Youth Councillors are now open. Visit [www.newham.gov.uk/youngmayor](http://www.newham.gov.uk/youngmayor) to find out how you can apply. Follow the election on Twitter @ym\_newham and Facebook [www.facebook.com/NewhamYoungMayor](http://www.facebook.com/NewhamYoungMayor)**





Newham in pictures



**1** The USA's inspirational sitting volleyball team give a masterclass at The Royal Docks Community School, E16. **2** Golden girls Nicola Adams and Dani King with ITV1 Daybreak's Gethin Jones at Colgrave School, E15. **3** Flags wave at the Stratford Park Live Site. **4** Local girl done good, everyone wants Christine Ohuruogu's autograph. **5** North Beckton Primary School pupils crowd round to see the gold medal of Paralympic cyclist Alison Jones. **6** Pupils at Royal Docks School are inspired by volleyball. **7** A fireworks spectacular lights up the sky above Stratford as the world celebrates the end of the London Paralympic Games. **8** Eager pupils at Stratford's Colegrave School start training, ready for Rio 2016...

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Newham London

## The series continues:

### Faith in the UK: Is religion redundant in modern society?

**Wednesday 19 September 7-8pm**

A debate with Reverend Lucy Winkett,  
Rector of St James Piccadilly and  
Claire Fox, Director, Institute of Ideas.

### Art theft

**Monday 24 September 7-8pm**

Sandy Nairne, Director of the National Portrait Gallery will reveal the complex cloak-and-dagger story of the theft of two Turner paintings (then valued at £24million) in 1994.



All events will be held at Stratford  
Picture House, Salway Road, E15

To book your free tickets and for  
more information on the series visit:  
[www.newham.gov.uk/ideasolympiad](http://www.newham.gov.uk/ideasolympiad)

Follow us: [@newhamlondon](https://twitter.com/newhamlondon)

Like us: [newhamcouncil](https://www.facebook.com/newhamcouncil)

# OUR NEWHAM

## New LGBT support group



A new Lesbian, Gay, Bisexual and Transgender (LGBT) social support group is opening in Newham.

The service, run by Opening Doors London and Age UK, is for people aged over 50 who live, work or visit the borough.

Enjoy music, drama and poetry and find out about their telephone advice service and one-to-one befriending scheme. Snacks and refreshments will be provided.

**Come along to the launch on Wednesday 19 September, 4pm-8pm at Newham Community Resource Centre, 200 Chargeable Lane, E13.**

Regular sessions will take place on the fourth Tuesday of each month from 23 October, from 4-6pm. For more information email [kate.hancock@ageukcamden.org.uk](mailto:kate.hancock@ageukcamden.org.uk) or call 020 7239 0447.

## Get sporty at SportsDock

If you want to feel like an Olympian and get active, wrap up your summer by signing up to SportsDock's free sports programme.

Sportivate is offering free sports courses for young people aged 14 to 25. For eight weeks you can try out a variety of activities including badminton, gymnastics, football, judo, cardio tennis and volleyball.

**Courses start from Monday 24 September.** To book your place call 020 8223 6888 or visit the SportsDock reception at University Way, E16. Spaces are limited.

For more details about SportsDock or the programme visit [www.sportsdock.co.uk](http://www.sportsdock.co.uk)



## The Big Stitch Up

Whether you're a professional seamstress or tailor, or aspire to be one, come down to The Big Stitch Up.

Get creative and enjoy a free cuppa. Make lavender bags, phone cases, bunting and more. All materials and equipment will be provided. You can also volunteer as a helper. No experience is needed.

**The Big Stitch up is on Wednesday 19 September at Garden Café, Cundy Street, E16, from 5pm.** The free session is part of the Let's Get the Party Started programme, which has helped thousands of residents host their own events.

For more information, or to put forward any craft ideas, email [jansemke@yahoo.co.uk](mailto:jansemke@yahoo.co.uk) or call 07724 079 757. **To find out how you can get funding to host your own event visit [www.newham.gov.uk/party](http://www.newham.gov.uk/party)**



Sew lovely: learn how to stitch at Garden Café

# WHAT'S ON?

**THREE PAGES  
OF ACTIVITIES  
MOSTLY FREE,  
ALL FUN!**

To view hundreds of events, or to add your own,  
log on to [www.newham.gov.uk/whatson](http://www.newham.gov.uk/whatson)

**14 – 21 SEPTEMBER**

## OUR THRILLING THREE...

1

### **International Day of Older Persons**

Free sports and activities for residents over 55.  
Tuesday 2 October, East Ham Leisure Centre,  
Barking Road, E6. Call **020 8548 5850**.

2

### **Abbey Gardens Harvest Festival**

Free event for all ages with flowers, food and  
fun. Saturday 22 September, 2-5pm, Abbey  
Gardens, Bakers Row, E15. Visit  
[www.whatwilltheharvestbe.com](http://www.whatwilltheharvestbe.com)

3

**It's a Newham Thing** Art exhibition,  
Thursday 20 September, 5-8pm, The HUB,  
123 Star Lane, E16. Call **020 7473 5249**.

## MENTION THE MAG...

Head down to Café Mondo in Stratford for some delicious Italian  
cuisine including fresh pizza, pasta and fish all made using  
traditional homemade recipes.

**This month kids eat for free when you mention the  
Newham Mag.** Children under nine years old can enjoy a free  
meal with every adult main meal. Offer is valid Tuesday, Wednesday,  
Thursday and Saturday from 4-7pm.  
Offer ends Saturday 13 October.

Round up your friends and  
family and visit Cafe Mondo,  
3 West Ham Lane, E15. Visit  
[www.cafemondo.co.uk](http://www.cafemondo.co.uk) and  
check out their menu. You can also  
follow them on Twitter @cafemondo1



Tony Zeolla, Café  
Mondo manager

## TRY SOMETHING NEW... FREE SPORTS FOR WOMEN

Dig out your old  
trainers, slip on your  
sweatbands and  
jog down to NewVlc  
College for  
free women's  
sport sessions.

Just Play is a sports  
programme set up  
for women aged  
over 16 to get active.  
Come along and keep fit with sports including indoor tennis,  
rounders and cricket.

**Bring along a friend and head to Newham Sixth  
Form College (NewVlc), Prince Regent Lane, E13,  
every Wednesday from 6.30-8pm.**

To find out more email [nicole.napier@newham.gov.uk](mailto:nicole.napier@newham.gov.uk)  
or call 07970 783 526. For all events in Newham visit  
[www.newham.gov.uk/whatson](http://www.newham.gov.uk/whatson)



### **Newham Carers United Forum**

For carers and former carers.  
Share your achievements,  
have your say and shape  
services for 2013. **Tues 2  
Oct, 10.30am-2.30pm**, 3  
The Grove, Stratford Library,  
E15. Lunch and  
refreshments provided.  
Call 020 8519 7536  
or email [jackie.hardy@renewalprogramme.org.uk](mailto:jackie.hardy@renewalprogramme.org.uk)

Fri, 10am-12noon and 2-4pm,  
East Ham and Plaistow

### **Knit & Natter**

Craft group for men and  
women of all ages and  
abilities. All sessions take  
place at local libraries.  
**Weds, 10am-12noon,**  
**Beckton Globe**  
Fri, 10am-12noon,  
Canning Town

### **UNDER FIVES LIBRARY ACTIVITIES**



Open to under fives with their  
parents/carers. All sessions  
take place at local libraries.

### **Crafts Club**

**Tues, 10.30-11.30am,**  
**Manor Park**

### **Toy Library**

Tues and Thurs,  
10am-12noon, East Ham

### **Imaginative Play**

Fri, 10.30-11.30am, East Ham

### **COURSES**



#### **Do it Online**

Basic computer sessions for  
all. All sessions take place at  
local libraries. You must book  
in advance.

Tues, 10am-12noon  
Green Street

**Wed, 10am-12noon, Stratford**

Thurs, 10am-12noon,  
Canning Town

### Storytelling

Mon, 10.30-11.30am, Canning Town  
Tues, 10.15-11.15am, Custom House  
Tues, 11am-12noon, Plaistow  
Tues and Fri, 11am-12noon, Stratford  
Wed, 2-3pm, East Ham  
Thurs, 10.30-11.30am, Manor Park  
Thurs, 2-3pm, North Woolwich  
Thurs, 10.30-11.30am, Green Street  
Fri, 10.30-11.30am, Beckton Globe  
Fri, 11am-12noon, The Gate

### YOUNG PEOPLE'S LIBRARY ACTIVITIES



All sessions take place at local libraries.

### Homework Club

For young people aged 7 to 14. School term only.  
Mon, 4-6pm, Stratford, East Ham and North Woolwich, 3.30-5.30pm  
Tues, 4-6pm, Beckton and The Gate  
Thurs, 4-6pm, Canning Town, Custom House, Manor Park and Plaistow

### Games Clubs

Free activities such as Sony PS3, Xbox 360, Wii games, board games and more for all children aged 8-13.  
Mon, 3.30-5.30pm, Canning Town and Manor Park  
Tues, 3.30-5.30pm, Custom House and East Ham

### Teen Xtra Evenings

Free activities for ages 12-21.  
Thurs, 6-8pm, The Gate

### ADULT LIBRARY ACTIVITIES



All sessions take place at local libraries.

### Adult Reading Groups

Mon 17 Sep, 6.30-7.30pm, East Ham

### Over 50s Club

Thurs, 10am-12noon, Beckton Globe

### ICT Surgeries

Thurs, 10am-12noon, The Gate

### BASKETBALL



### Newham All Star Sports Academy (NASSA)

All sessions take place at UEL, Docklands Campus, University Way, E16. Sessions are £1 unless indicated otherwise  
Visit [www.nassasports.org.uk](http://www.nassasports.org.uk)  
Wed, 4.20-6pm, U13-14  
6-8pm, U16-18  
8-10pm, Senior Men  
Thurs, 4.20-6pm U13-14  
6-8pm, U16-18  
8-10pm, Senior Women, £2  
Fri, 4.20-6pm, U13-14  
6-8pm, U16-18  
8-10pm, Senior Men Run, £2  
Sat, 10.20am-12.20pm, junior boys and girls, 8-14, £2  
Call 07703 503 995 or 07712 176 301

### National League

Mon, 6-8pm, U13/14s, Rokeby School, Barking Road, E16  
Tues, 6-8pm, U15/16s Rokeby School, Barking Road, E16  
Thurs, 4.30-6pm, U13/14s boys, U14s girls, Newham Leisure Centre, Prince Regent Lane, E13  
6-8pm, U16s, Newham Leisure Centre, Prince Regent Lane, E13  
6-8pm, U18s, Cumberland School, Oban Close, E13

### Gifted and Talented

Fri, 4.15-5.30pm  
Cumberland School, Oban Close, E13

### Basketball Session

Sat, 10am-12noon  
Newham Leisure Centre, Prince Regent Lane, E13

### Senior Men/Women Programme

Mon, 7.30-9.30pm  
Division 2 Women and Division 3/4 Men. Rokeby School, Canning Town, E16  
Call 07947 401 616

### FOOTBALL



### Mayor's Football League

8-16s, Mon, 4-6pm  
Newham Leisure Centre, Prince Regent Lane, E13

### 4v4 Football

8-19s, Wed, 5-7pm  
Stratford Park MUGA, West Ham Lane, E15

### 5v5 Football

8-19s, Fri, 5-7pm  
Royal Victoria Gardens, Pier Road, E16

### 4v4 Football

8-19s, Fri, 5.30-7pm  
Snowhill MUGA, High Street North, E12

### 5-a-side Tournaments

(First Sat of the month)  
U12s/U14s/U16s, Sat, 10am-1pm  
Plashet Park, Plashet Grove, E7  
8-19s, Wed, 7.30-9pm.  
Winsor community MUGA, Manor Way, E6  
Call 020 3373 4119

### WHU Kickz (free)

Mon, U14s, 4-5.30pm  
15+, 5.30-7pm  
West Ham United Community Astro Turf (Beckton), E6  
11-18s, 5-8pm  
Forest Gate Youth Centre, E7  
Tues, U14s, 4-5.30pm  
15+, 5.30-7pm  
West Ham United Community Astro Turf (Beckton), E6  
11-18s, 6-9pm  
Priory Park MUGA, E6  
Wed, 11-18s, 5-8pm  
Priory Park MUGA, E6  
Thurs, 11-18s, 4-7pm  
Priory Park MUGA, E6  
Fri, U14s, 4-5.30pm  
Girls 11+, 5.30-7pm  
West Ham United Community Astro Turf (Beckton), E6  
11-18s, 5-8pm  
Forest Gate Youth Centre, E7

### Air Football 16+

Tues, 1-3pm, Stratford Park, E15  
Fri, 3-5pm, Beckton Powerleague, E6. Visit [www.airfootball.co.uk](http://www.airfootball.co.uk)

### Ascension Football Academy

All sessions £3  
School years reception to 11, 10-11.30am  
King George V Park, King George Avenue, E16. Call 07806 584 925

### BOXING AND SELF DEFENCE



### Boxing

West Ham ABC - community boxing, 11-19s  
Free Olympic style amateur boxing sessions.  
Hathaway Community Centre  
Hathaway Crescent, E12  
Wed, 7pm. Call 020 8430 2000  
West Ham Boys ABC 9+, boys and girls  
Mon, Wed, Fri, 5-6pm  
The Black Lion, 59-61 High Street, E13. Call 020 8472 3614  
Peacock ABC 8+, Mon, Wed, 6-8pm boys and girls  
Caxton Street North, E16  
Call 020 7511 3799  
Newham Boys ABC 6+, boys only  
Mon, Wed, Fri, 6-7.45pm  
Old Bath House, 141 Church Street, E15. Call 020 8519 5983  
Fight For Peace 11+, boys and girls  
Woodman Street, North Woolwich, E16.  
Call 020 7474 0054

### Punch Out (16+)

Free boxing fitness workout.  
Thurs, 4-5pm and 5.15-6.15pm. Email [getactive@newham.gov.uk](mailto:getactive@newham.gov.uk)

### Newham Shoujin Karate

Sessions for beginners.  
Newham Shoujin Karate Club:  
Weds, (during term time only) 4.30-5.30pm. Fri, 6-7pm and 7-8pm. Sun, 10-11am, Newham Leisure Centre, Prince Regent Lane, E13. Call 07508 070 638.  
Docklands Shoujin Karate Club:  
Mon, 6.20-8.20pm, UEL Sports Docks, Docklands Campus, E16. Call 07517 136 837

## HEALTH AND FITNESS



### Handball (free)

8-16s, Tues, 3-4.30pm  
16+, Fri, 6-8pm

Newham Leisure Centre, Prince Regent Lane, E13. Email [aranka.bekker@newham.gov.uk](mailto:aranka.bekker@newham.gov.uk)

### Multi sports (free)

Wed, 1-3pm and 5-7pm, 16+ Stratford MUGA,  
West Ham Lane, E15  
Fri, 5.30-7pm, 8-19s  
Snowhill MUGA, High Street North, E12. Call 020 3373 4119

### Athletics

Sun, 10.30am-12.30pm, 10-19s  
Newham Leisure Centre,  
Prince Regent Lane, E13. Email [coral.nourrice@newham.gov.uk](mailto:coral.nourrice@newham.gov.uk)  
[Newham and Essex Beagles Athletics Club](#), Mon and Wed,  
6.30-9pm, 10+  
Sun, 10am-1pm.  
Call 020 7511 4477

### Cricket

Wed, 6-8pm, 8-18s, Lister Community School, St Mary's Road, E13. Call 020 3373 4119

### Hockey

Mon, 3-5pm, 8-14s  
Kingsford Astro, Kingsford Way, E6 (by Asda car park).  
Call 020 3373 4119

### Rugby

Tues, 4-6pm, 10-16s  
Memorial Park, Memorial Avenue, E15. Call 020 3373 4119

### Volleyball

Mon, 3.30-5pm, 11-18s, Royal Docks School, Prince Regent Lane, E16. Call 020 3373 4119

### Newham Swords (4+)

Tues, 6.30-9pm  
Thurs, 6.30-9pm  
Fri, 7.30-10pm  
The Hub in the grounds of Newham Leisure Centre, Prince Regent Lane, E13  
Call 07956 618 898

### Newham Striders

Free sociable walking group, seven days a week. Call 020 8430 2000

### Free Men's Health

#### Football Fitness Sessions

Sat, 10-11am, West Ham United Community Training Facility, 60a Albatross Close, E6. Call 020 7473 7724

#### Free Family Fit Club

Sat, 11am-12noon, West Ham United Community Training Facility, 60a Albatross Close, E6. Call 020 7473 7724

#### Saturdays

For fathers, grandads, uncles and children aged 0-16.  
Sat, 12noon-3pm,  
Chandos East Hub, 90 Chandos Road, E15  
Call 020 8221 2137

## FEMALE SPORTS



#### Dare2Dance

Free street dance classes for girls, 12-16s. Fri, 3.30-5.30pm  
Newham Leisure Centre (New Indoor Multi Sports Centre), Prince Regent Lane, E13.  
Call 07970 783 526

#### Girls Spinning Sessions

11-16, Mon and Wed,  
4-4.30pm. Newham Leisure Centre, Prince Regent Lane, E13. Call 020 7511 4477

#### Female Only Gym Sessions

11-16, Tues and Thurs,  
3.30-5pm. 16-25, Weds,  
1.30-3pm, free. Newham Leisure Centre, Prince Regent Lane, E13.  
Call 020 7511 4477

#### Female BoxFit Classes (16+)

Mons, 4.15-5.15pm, Balaam Leisure Centre, Balaam Street E13. Call 07970 783 526

#### Girls Football

Mon, 6-7.30pm,  
12/14s football tournaments  
Kingsford Astro (entrance by Asda car park) Beckton, E6.  
Call 020 8556 5973.  
12-14s football coaching and tournaments, Tues, 3.30-5.30pm. Newham Leisure Centre, Prince Regent Lane, E13. Call 020 8556 5973

### Get Back into Netball

OPA Netball Club sessions.  
Tues, juniors, 6-7pm, seniors, 8-9.30pm. £2 per session. Lister Community School, St Mary's Road, E13. Call 07717 281 529

### Body Blast (16+)

Mon, 7-8pm and Thurs, 6-7pm  
Talent Central, Unit 27a, 3 Armada Way, Gallions Shopping Centre, E6

## SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE



### Multi-Sports

Free Flying Wheels club for young wheelchair users 6-22.  
Wed and Fri evenings, 6-8pm.  
Rokeby School, Barking Road E16. Call 07888 085 259  
U19s, Fri, 4.30-6.30pm,  
Newham Leisure Centre, E13.  
Disabled Multi-Sports. Tues, 10.30am-12noon, Newham Leisure Centre, E13.  
Call 020 7511 4477  
Fri, 4.30-6pm, NewVic, Prince Regent Lane, E13.  
Call 07811 671 082

### Wheelchair Basketball

11-19, Wed, 4-5pm  
Rokeby School, Barking Road, E16. Call 07947 401 616

### Family Swims for Disabled Children and Adults

Newham Otters Swimming Club,  
Sat, Newham Leisure Centre, E13, 4.30-5.30pm. For more details call 07931 788 739  
Family Swim, Sun, 12.30-2pm, Balaam Leisure Centre, E13, £5. Call 020 7476 5274

### Free Trampoline Sessions

U19s, Fri, 5-7pm and Sat, 12noon-2pm, Newham Leisure Centre, E13. Call 020 7511 4477

### Mixed Swimming Sessions for Adults and Children

Wed, 10am-12noon, East Ham Leisure Centre, E6. £1.15 per session. Call 020 8548 5850

### Free Swim for Families dealing with Autism

Wed, 4-5pm, Balaam Leisure Centre, E13. Call 020 7476 5274

## COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Road, E6 unless specified.

**Fri 14 Sep**, 2pm, Licensing (2003 Act) Sub-Committee, Council Chamber

**Mon 17 Sep**, 7pm, Crime and Disorder Scrutiny Commission, Committee Room 1

**Tues 18 Sep**, 3pm, Newham Partnership - Employment and Enterprise Partnership Action Board, Committee Room 1

**Wed 19 Sep**, 7pm, Audit Board, Committee Room 1  
7.15pm, Investment and Accounts Committee, Committee Room 2

**Thurs 20 Sep**, 7pm, Shadow Health and Wellbeing Board, Newham Dockside, 1000 Dockside Road, E16, Room WG.06, Ground Floor, West Wing  
7pm, Newham Community and Police Forum, St Mark's Community Centre, 218 Tollgate Road, E6

## MEET THE MAYOR

Please arrive promptly at the start of each surgery

**Tues 18 Sep**, 5pm, Newham Town Hall, Barking Road, E6

## LIBRARY CONTACTS



For full library contact details visit [www.newham.gov.uk/libraries](http://www.newham.gov.uk/libraries)

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Hundreds of services  
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**Call 020 8430 2000**



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**RE-DISCOVER**  
your  
**STRATFORD**

All events are FREE  
and are allocated on  
a first come, first  
served basis.

### **Roald Dahl Weekend : Revolting Rhymes**

Discover Children's Story Centre, 383-387 High Street, Stratford London, E15 4QZ

**Saturday 15th September**

**12.30, 1.30, 2.30 & 3.30pm**

If you or your little ones are fans of Roald Dahl, you must come along to this special session with the infamous Story Builders as they present some of Dahl's revolting take on best-loved nursery tales and tell them with a surprising and repulsive twist!

**Places are limited so to claim your FREE entry, call 020 8536 5555 (Mon – Fri 10am – 5pm) and state 'REDISCOVER'.**

### **Help build the Olympic Park with LEGO**

Ground floor, Westfield Stratford City, London E20

**25th September to 1st October**

Here is your chance to join the LEGO Brickmeister and create a miniature version of the Olympic Park made entirely from LEGO. Using thousands of bricks, you can help add the finishing touches to the build and marvel at this work of art. You can also take a virtual cycle ride through London's newest neighbourhood on the Olympic Park and discover its world-class sporting facilities, acres of green spaces, brand new homes and much more.

**No booking required**

### **Walking Photography Tour of Stratford**

**Saturday 29th September**

**Timings to be confirmed**

Come on a walking photography tour of Stratford directly from people with lifelong know how. You will explore the transformation of Stratford from industrial times to the host area for the 2012 Olympic Games. Your camera is essential and an attitude to learn.

**Spaces are limited.**

**To book, visit [www.theamazings.com](http://www.theamazings.com) and book a space via the online booking system.**

### **Circlets Family Day**

**Stratford Circus, Theatre Square, London E15 1BX**

**Saturday 29th September**

**11.30am through to 4.30pm**

Roll up! Roll up! The Circus is in town and looking for new recruits. A day of fun for the whole family so why not come along and see if you have what it takes to join the circus! You can watch breath-taking aerialists and trick-cyclist acts, participate in juggling and plate-spinning workshops, make juggling balls, balloon animals, get faces painted and even have a turn on a German Wheel!

**Places are limited so to claim your FREE entry, call the Stratford Circus Box Office on 0844 357 2625 and state 'REDISCOVER'.**

### **What's the future for Stratford?**

**Thursday 18th October at Meridian Square (outside Stratford Station)**

**Friday 19th October at Stratford Broadway**

Come and see for yourself the amazing plans for Stratford – with thousands of new homes, shops, hotels and much more being built in Stratford over the coming years, and of course the Queen Elizabeth Olympic Park opening from July 2013. Find out more about what is happening and don't forget to pick up your free "I ♥ Stratford badges and balloons"

**No booking required.**

Events are being added regularly so check

**[www.rediscoveryyourstratford.com](http://www.rediscoveryyourstratford.com)**  
for more information.

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for more information.

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**Royal Victoria Dock, E16**  
**Saturday 29 September, 2-9pm**

**Family fun by the docks including:**

- ★ **Siemens Crystal, the world's largest exhibition focused on urban sustainability, open free to the public for the first time**
- ★ **Fireworks display - 8.40pm**
- ★ **Live music stage headlined by The Bootleg Beatles**
- ★ **Water-based activities including wakeboarding, aquaballs and free boat rides**
- ★ **'Fun Bus' with free children's activities**
- ★ **Lantern procession with local school children**



☎ 020 8430 2000

🌐 [www.newham.com/summer](http://www.newham.com/summer)

🐦 @NewhamLondon

📘 [www.facebook.com/NewhamEvents](https://www.facebook.com/NewhamEvents)

No public parking, please use public transport. DLR: Royal Victoria Station. Buses: 147, 241 to Royal Victoria. There are aspects of the event which take place on grass. You may be searched as a condition of entry. No glass bottles or dogs.

**THE Crystal**  
 A Sustainable Cities Initiative  
 by Siemens